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with which to precede contact work.

GOOD FOOTBALL POSITION: Organize the same as the Wave Drill.

Players assume a good football position. At the coach's hand signal, they execute a three-quarter turn as indicated by the coach. They continue these turns, stressing good football position after each, until the completion. This is an excellent introduction to instruction on good football position.

CARIOCA: Players form a single horizontal line facing the coach. They move laterally along a straight line with a cross-over step motion. Going to the left, you start with the right foot in front of the left. Then you take a side step with your left foot, and follow with the right behind the left, then back again with the side step with the left and the right foot in front, etc.

This drill is done on the balls and toes of the feet for a distance of 20 yards. As the player moves sideward, he keeps his arms out to the side parallel to the ground, and uses an exaggerated hip swing in crossing his feet in front and then back. Especially good for developing coordination, balance, and quickness.

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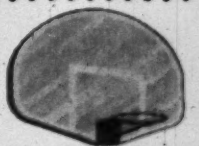

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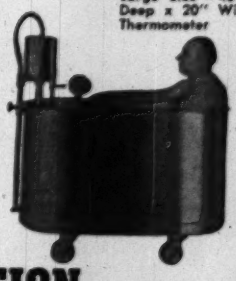

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